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RECOVERY RECORD
FOR USE IN TUBERCULOSIS

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BY

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He that hath patience may compass anything.

Rabelais

The wise have four times as good a chance to
recover as the foolish.

Solly

Hope is the stimulant, Friends and Books the
palliatives, *Rest* the cure.



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RECOVERY RECORD

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RECOVERY RECORD

I

THE RECORD OF RECOVERY

IN tuberculosis, a careful record of the temperature and pulse is an indispensable guide for the conduct of the patient's life.

The thermometer is an accurate indicator, more delicate than the pressure gauge of an engine, to tell whether all is well within. The normal range of mouth temperature is from a little above or below 97° in the early morning to 98.5° or a trifle over that, in the latter part of the day. The danger point, for persons with tuberculosis, is 98.8° . Here and there is an individual to whom this does not apply, but such persons are rare. The patient who from the beginning of treatment obeys the rule, " 98.8° or over = Bed," will have to spend fewer days there, and

will be well sooner than the patient who takes liberties with fever.

The pulse is even more sensitive than the temperature, and sometimes gives a valuable warning when the thermometer alone would deceive us into false security. The normal pulse rate, when one is lying down, varies from 60 to 72. A number of factors may increase it, but if you have tuberculosis and your pulse rate is much over 80 after fifteen minutes of rest, you will be wise to regard it as a danger sign and remain in bed.

But though you recognize the necessity of caution, do not let it alarm or excite you. Caution economizes our powers, but fear dissipates them. Be watchful, but be serene. Recovery from tuberculosis is an adventure, with life itself as the goal of success; it calls for all one's resources of character and intelligence. Expect to surmount the danger by your own efforts, your own patience and good sense.

Dr. Trudeau said: "Conquer fate by acquiescence." Fate is conquered both when the invalid wins his way back to a full and active life, and when, that being impossible, he builds for himself a passive life

that is worth living. Undoubtedly these results are more surely and easily attained if, for the time being, one floats with the current instead of struggling against it.

Perhaps it is stupid and even insulting for the well to tell the sick, or the happy to tell the unhappy, to be cheerful. Certainly it is hollow to pretend that the way of tuberculosis is a path of roses or that it always leads to one. But it is more likely to lead that way if it is traveled with hope than with despair, and one has some power to choose which state of mind shall dominate.

It is told of two great physicians that one would say to a patient who was desperately ill: "You have not more than one chance in five of recovering." The other would say: "You have a good chance to get well, at least one chance in five." Neither shut his eyes to the facts. It was in the imponderables that they differed, and this mysterious difference of temperament, this mere state of mind, helped the hopeful physician to lead his patients out of the wilderness. Just so, and incalculably, it will help every patient who will persistently try to keep his mind open to serenity and hope. Dr. James Alexander Miller

has said: "The spirit constitutes the main-spring of all successful action."

We have prepared this little almanac of recovery because we feel that a continuous chart of the temperature, pulse, and certain other features of the weather prevailing in the patient's body, is essential in controlling and directing treatment. And we put it confidently into the hands of patients, because, if such a record is to be kept, they are usually the ones who must keep it, and because we know that nearly all of them can be trusted to do so. Most people are equal to what is demanded of them, and the cure of tuberculosis demands that one keep a strict watch on the slight variations of physical equilibrium, deriving encouragement when all goes well, and caution, but not panic, when the smooth current of progress is temporarily checked.

If this state of mind can be achieved, and it can, the temperature and pulse should be taken frequently, for the important thing to know is the highest point reached during the twenty-four hours. The usual times are on awaking, at four in the afternoon, and at eight or nine in the evening. Slight rises of temperature within

an hour or so after a meal, or for a few minutes immediately after exercise, are of doubtful significance. The same is true of a temperature slightly above the average level in women during the week or so preceding menstruation. Both temperature and pulse may be considerably altered for some time by either hot or cold foods or drinks. The three routine observations should be made after at least an hour's abstinence and after at least fifteen minutes of rest in a reclining position with the mouth shut.

Other observations should be taken from time to time in order to find out at what part of the day the temperature and pulse are highest, as individuals vary in this. These should be taken under all sorts of conditions, for if the variation is found to be slight, this is encouraging, while a marked change in pulse or temperature after a little effort calls for more rest and greater caution.

Any thermometer, no matter of how high a quality, should be kept in the mouth for at least five minutes. Out of doors in cold weather the time should be ten or fifteen minutes. The thermometer

should not be taken out and put back repeatedly as this may give an incorrect reading. It is certainly true that the readings are usually higher, that is, more accurate, if the thermometer is left in the mouth five or ten minutes, than if it is taken out after one, two, or even three minutes. This is not due to defects in the thermometers, for the one minute thermometer of standard manufacture will reach its maximum in less than a minute when tested in warm water at constant temperature. It is due to the mouth being cooler than the rest of the body, whether from cold drinks, or from talking, or from breathing with the mouth open, or it is due to imperfect contact between the thermometer bulb and the mouth. The former cause of error can be avoided by following the directions already given; the latter can be minimized by placing the thermometer bulb as far back under the side of the tongue as possible, and being sure that it is held tightly there, with the lips firmly closed.¹

¹ It should be added that while mouth temperature, taken with these precautions, usually gives sufficient information, the rectal temperature is more accurate

In any case, the highest point to which the thermometer goes is the true temperature, whether it is reached in one minute or ten minutes, and the safest rule is to allow at least five minutes. Always keep the thermometer in a weak (2 per cent) solution of formaldehyde when it is not in use.

The pulse may be counted at the wrist. Both pulse and temperature should be recorded faithfully on the chart pages, where spaces are provided for them large enough to allow for several observations every day.

There is also a space on the chart for the weight. It is a good thing for the patient to weigh himself about once every week or two, but if this is not convenient once a month is usually sufficient. Weight is not as important as patients sometimes consider it. In the space at the bottom of the chart the amount of expectoration should be noted about once a month, as well as the presence or absence of tubercle

and is being employed more and more, especially in the English sanatoria. Normal rectal temperatures are about half a degree higher than mouth temperatures.

bacilli on microscopic examination. In this space the patient should also record any events or symptoms of possible importance, such as shortness of breath, increased cough, bloodstained expectoration, pain, indigestion, headache, or the onset of a cold, as well as those numerous questions which people want to ask the doctor when he is not there, and forget about when he comes.

The record has been made long enough to last for two years. Many patients will be in apparent health in a fraction of this time, but their prospects of remaining so will be greatly improved by the watchful attention which the keeping of such a record demands. And, in general, we most heartily endorse the wise dictum of Lawrason Brown: "I am firmly convinced that tuberculosis is not cured for three or four years, and that the reason so many people die is because they do not realize that fact."

Be patient, be cautious, be serene. Consider your exile temporary, and spare no pains and sacrifices to bring it to a happy end. Never lose interest in life, for life loves those who love her.

II

THE TECHNIQUE OF RECOVERY

It was Satan, in the Book of Job, who said, "All that a man hath will he give for his life." His cynicism was discredited, yet it was by just such tenacity of life that Job triumphed over him. Under no circumstances would he curse God and die.

Many a victim of tuberculosis has as much to bear from his enemy as Job had, and the road to recovery is the same: To sit still, to pay no attention to bad advice even from the best of friends, and with sublime obstinacy to refuse to fail.

A doctor may fairly demand this attitude in a patient who asks his help in getting over tuberculosis, for without it he can do no good. Where it exists, the patient is already on the right track, and requires from the doctor only a little expert guidance. Be sure that the guidance is expert. It is of the very greatest importance to get the best professional advice early and follow

it faithfully regardless of little ups and downs and of what other people do and say. If your doctor does not command your confidence, dismiss him courteously and get one who does.

But remember also that "he who doctors himself has a fool for a physician." This is particularly true of tuberculosis. To the patient belongs the task of reconstructing all the details of life, but the physician must map out the work and direct it. We know that men of strong will have achieved self-education, but that does not lead us to do away with our teachers. The poison of tuberculosis tends to destroy the will and weaken the judgment, and "he is a wise patient who follows faithfully the advice of his physician." Note that we do not say "blindly," because you will certainly be more faithful if your physician explains the whys and wherefores of the advice he gives you. "A little learning is a dangerous thing," but you must absorb the knowledge necessary to enable you to meet successfully the problems of environment when you again go out into the world. Remember that your doctor is your best teacher. You will get much advice from well-meaning

friends, and often your own desires will tend to swerve you from your course, but no ship ever reached port under such direction. You will note that in the record, space is left for questions. Do not hesitate to ask them. In this way your doctor learns just what you need and just wherein his talks with you have missed the point.

Do not waste time, but concentrate on the business of getting well. It is an exacting business, and one which differs in many ways from any you have engaged in before. Illness is not health, and the necessities of illness sometimes offend against the rules of healthy conduct, and yet if you apply the same courage and intelligence to this problem that you do to your business or profession you stand your best chance to win.

Tuberculosis usually comes to the young man or woman just at the time when life calls for the greatest expenditure of energy. Just when you have achieved independence and have taken your place in the fierce struggle of active accomplishment which is the natural lot of the young individual, the physician taps you on the shoulder and tells you to step

out of the game. All your spirit and training call for activity and fight, and at first you rebel against a course that demands inactivity and apparent idleness. If you are wise when you have stirred up a hornets' nest you will keep quiet until the hornets settle down. If you will adjust your philosophy a bit you will soon learn that the cure of tuberculosis calls for the best you have in you of courage and intelligence. If you can take your seemingly wrecked life and rebuild it and make your handicap the means to a more successful race you will have rebuilt your character on a firmer foundation than before.

It is true that rest or inactivity is the very first requisite of the cure. This does not mean physical rest alone. Mental and nervous repose are also essential. This is often the hardest lesson we have to learn. We laugh at the baby who has not learned to govern his muscles and yet mentally and emotionally we are in no better state. For our thoughts are still undeveloped or we are so lacking in self-dependence that we must seek from books or companions mental exercise which is injurious. It is no easy task to quiet feverish

ambitious thoughts and to build up a philosophy of quiet contemplation, but you can and must do it. Do not look on such a life as tending to disintegrate your moral fiber, but rather as teaching you self-control. And always remember that sooner or later you are to take your place in the world, better able, mentally, morally and physically to adapt yourself to your environment. After your period of rest has stopped the progress of your disease your physician will lead you back step by step into active life. It probably will not mean a steady uninterrupted progress because few cases yield without an occasional relapse, and you must so fortify your philosophy that you can rebuild each time what fate tears down.

It is often very hard for the patient to adjust himself to the seeming selfishness of such a life. Many young people must accept financial help from others and this goes against the grain. However a little clear thinking will bring the realization that the cheerful acceptance of aid from family and friends is the only logical course to follow. The restoration of your health will repay all these debts many times over.

Be deliberately and rationally lazy. To recover from tuberculosis requires, in the active stage of the disease, an almost complete inertia. The more perfectly you can exclude all responsibility, all ambition, all thoughts and desires related to strenuous life, the better is your prospect of passing successfully through this phase. When you have done this, the blockade may be gradually relaxed. Cautiously and little by little, thought may be allowed to trickle back into the mental vacuum. But "tenderly, be not impatient." Try to let the first deliberate mental activity be as impersonal, as unexciting, as unimportant, as possible. Probably the best thing to begin with is fiction, and fiction so improbable and so far from your own life that it does not stir you to emulation.

If you are lucky enough to have some one who will read to you, especially some one who is congenial, and who has a quiet, soothing voice, that is far better, at the start, than reading to yourself. When you do read to yourself, be very sure that the light comes from behind, and that there is no trying glare or cross light in front of you. The eyes of persons with

tuberculosis are nearly always very easily fatigued. You may find that you need new glasses, and that even then you have to be very economical in the use of your vision.

When progress is satisfactory, the mental exercise may be gradually increased both in amount and intensity. Books requiring more and more attention, correspondence, study on the subjects of your special interests, even some attention to business, may be tried. But never forget that mental exercise is exercise, and may be as fatiguing and injurious as physical exertion.

Of course in reality the mind will seldom submit to such icy regulation. Our intention is to describe a method and let each patient approach as near to it as his personality permits. It is obviously better to read than to lie and fight yourself all the time. It would probably be better never to give up your mental activity than to lay it aside and never get it back again. Yet we may think of the Chinese poet who hoped his baby would grow up ignorant and stupid, because then he might crown a long and happy life by becoming a cabinet minister.

In the matter of physical exercise, it is even more imperative to do nothing. And let us repeat, it is not only idleness, but thoroughgoing laziness, that is to be desired. Idleness is merely doing nothing; laziness is doing nothing with contentment and gusto, and whoever achieves this will almost certainly recover.

Here again we lay down the rule of perfection; let each individual come as near it in practice as his character and circumstances allow. If, as already stated, your temperature goes to 98.8° or your resting pulse much over 80 at any time in the twenty-four hours, stay in bed and be waited on, if possible. At the very least, rest in a reclining position and alone for half an hour or more before and after meals (this may not be practical before breakfast) and for two hours or more before the time when your pulse and temperature are apt to be at their highest, which usually means from about two until four o'clock in the afternoon.

When your record has not shown any danger signs for several weeks, and it is safe for you, in your physician's judgment, to be up and about, remember that every-

thing you do is exercise. Bathing, dressing, going to meals, talking and laughing, perhaps especially these last, cost you exertion, and must be watched for injurious effects. Do not forget that tuberculosis is an insidious disease, often characterized by "false recovery," that is, by an appearance of safety when in reality you are in the greatest danger. Many an over-confident patient has "died cured," as an Irishman at one of our celebrated resorts said of his wife.

Even when the danger signs have been absent for a long time, getting up is always a risk, and one that must be undertaken with the greatest caution. Do not forget that *of all the countless remedies proposed, Rest alone has stood the test of time.* We often remind patients that when a surgeon has applied a cast to a broken leg, he does not hasten to remove the cast as soon as the bone unites, but leaves it on to enforce rest till healing is sound and sure. The same principle is even more important in the healing of a tuberculous lung.

The change from absolute rest should be gradual. When fever has abated and other symptoms are on the wane, your

physician may permit you to be propped up in bed for part of the day. A certain amount of reading or conversation may be allowed, but always remember that mental effort is to be considered exercise.

Your first physical exercise will naturally consist of going to the bathroom. Then if you have a suitable reclining chair in your room you will be permitted to spend a while in it, beginning with ten or fifteen minutes and increasing to an hour once or twice a day. Then your meals may be served there instead of at the bedside. When this régime has been proven safe you may come to the dining room for one meal a day, gradually increasing to two and finally to three. You should establish a regular time to arise and to perform your morning toilet. This preparation for breakfast will give your stomach a chance to wake up and get ready for its duty. But be sure not to get caught in a before-breakfast rush, for ten minutes of hurry may spoil your whole day and several of your morrows.

"Never hurry," is a rule to which there are no exceptions in tuberculosis. The relation between the disease and the circulation, between the circulation and

the muscles, is so intimate, that any sudden exertion or quick motion may be registered at once or in a few days as a black mark on the recovery record.

When the demands of simply being up and dressed and going to meals have been successfully met, the next step is exercise in the form of automobiling, driving, or walking. Until recovery is well established, the patient, when he goes for a ride, should sit in the front seat, protected from wind and jolts. He should never ride long enough to get tired, and he should never attempt to do the driving himself until he is in very good condition.

At no time does the patient need the supervision of his doctor more than when he begins to exercise. Note carefully on your record any change in symptoms at this time. It is better to set a goal rather than a time limit for your walks. The first two or three days the equivalent of half a block is sufficient, and it is safest at the start to walk only on alternate days. At first, walk only on the level, and never against a strong wind. If no fatigue or no increase in symptoms follows, the distance can be gradually lengthened

under the supervision of your physician. However, exercise need never be carried beyond the amount you can be expected to take when you return to your occupation.

Remarkable results have been reported from carefully graded exercises during the course of the disease, but one sometimes feels that patients who consent to being almost entirely inactive do best. Once sound healing is established, work and exercise can be undertaken with far less peril.

No person who is under treatment for tuberculosis, or who has had any active trouble for the past two years, should dance, ride horseback, play tennis, or do anything which involves getting tired, heated, or out of breath. These may seem very stringent and sweeping prohibitions. The answer is, that one must take life on the only terms on which it can be offered, or else throw it away. A few strict limitations, clearly recognized and faithfully adhered to, will make all the difference between relapse and continued health. A good rule is the following: *Never stand when you can sit, never sit when you can lie down.*

If, after recovery, you can possibly arrange to make the afternoon rest a

permanent part of your daily routine, you will find yourself richly repaid for the loss of time. This, by the way, has been a habit of some of the world's greatest workers. A single hour of complete relaxation after the midday meal, like the siesta of southern Europe, will add incalculably to your comfort, your poise, and your expectation of life.

Dr. D. M. King wisely says, "If ever you are in doubt whether to rest or exercise, give to rest the benefit of the doubt." And do not fall into the error of supposing that rest is rest, regardless of how it is taken. Being on a reclining chair, or on or even in a bed, is not necessarily rest. If the time is spent in animated conversation, or on the rack of some insoluble problem, or in fretting with heat or shivering with cold, you may end your pretended rest in far worse condition than you began it. Be comfortable, and relax; hold the bed down, do not try to hold it up. Learn how to rest, and when you rest, rest to some purpose.

Very important is the position in which you rest. *If one of your lungs is decidedly worse than the other, lie on the bad side.* This position, faithfully maintained, gives

the lung on that side almost absolute rest, and greatly facilitates healing. Before taking your permanent position on the bad side, it is best to lie for ten minutes on the good side; this enables you to clear your lungs of troublesome expectoration which would interfere with rest. A small pillow under the chest sometimes makes the position more comfortable and more effective.² Even in cases where strict postural rest is not required, it is highly desirable to avoid too strenuous motions of the arms, shoulders and chest. Such motions interrupt the com-

²When the upper lobes of both lungs are involved, a similar effect of rest to the diseased area may be attained by lying on the back and keeping shot bags over the upper part of the chest, or by specially designed belts which limit the motion of this area and shift the breathing to the diaphragm, and thus to the more healthy lower part of the lungs. We consider shot bags preferable, and in using them begin with half a pound, increasing gradually to three pounds. Even when only one lung is diseased, a shot bag may be employed as a temporary substitute for postural rest, enabling the patient to lie part of the time on his back and thus making this very valuable form of treatment less tedious. (See Webb, Forster and Gilbert, *Postural Rest for Pulmonary Tuberculosis*, *J. Am. M. Assn.*, March 26, 1921, p. 846.)

parative restfulness of quiet breathing, and occasionally cause serious trouble by tearing thin pleural adhesions and the underlying lung. *Treat yourself as though you were made of glass.*

Perhaps this is enough to say, at least for the present, on the text: *Be lazy*. Now to recur for a moment to the more delicate theme: *Be selfish*. Understand that we are not laying down a system of philosophy, but a method of treatment in tuberculosis, and that this advice, like the other, is strictly a medical precept, a prescription. Laziness and selfishness are to be regarded as necessary but dangerous drugs, to be discontinued as soon as possible. Both involve an unavoidable risk of habit. But in actual experience, the individual who has any vigor or warmth of personality to start with does not become incurably dull, arid, and egotistical through employing them. Instead they enable him to recover health and strength, and with these come, in good time, interest, occupation, and the desire and ability to make himself useful and agreeable. Even during intensive treatment these qualities do not by any means necessarily disappear.

By selfishness in tuberculosis we mean particularly the willingness to accept help from others, and to ignore most of the continual small demands of society, demands which have a genuine importance because of the hopes, desires, and disappointments which are involved in them. If you wish to recover, you must sacrifice, for the time, much of your own pleasure and some of other people's. "*You must,*" as J. M. Buckley wrote, "*make everything for a while subordinate to living.*" Later, when you are on your feet again, you will be able to give what you now receive, which is nothing less than life itself.

In illness, as in all situations, the time may come when other things must be given greater weight than comfort, health, or even life. In such a case the question of what to do ceases to be a medical one. But apart from such problems, we, as physicians, must give such advice as will best tend to aid the recovery of our patients, and to this end we must prescribe, in tuberculosis, a large measure of rational selfishness.

In an older tradition, rest and exercise were regarded as equally important in

the treatment of tuberculosis, and there are some who preach and practice this today; but to most students of the subject, rest has come to appear incomparably more essential. There is another counterpoise to rest, however, which is almost indispensable, especially in prolonged cases, and that is *occupation*.

We have said that in active tuberculosis, when the patient is feverish and nervous, with rapid bounding pulse, headache, and "nervous indigestion," all his activities should be brought as near to zero as possible. But happily this stage, under proper treatment, seldom lasts long. By far the greatest part of the treatment consists in the management of a kind of interminable convalescence, which taxes and tests the endurance and intelligence of patient and doctor.

In the course of this tedious period, in which the patient usually feels pretty well but must be extravagantly cautious and quiet, some sort of occupation is imperative. Without it, rest itself becomes impossible, and the whole personality disintegrates. The outcome of treatment often depends on the ability to occupy oneself

in some way that will preserve one's mental vitality without interfering with routine repose:

Absence of occupation is not rest,
A mind quite vacant is a mind distressed.

Of all sedentary occupations, those connected with books and reading are the greatest resources. We have already spoken of reading as one of the first forms of mental activity which may be ventured upon at the beginning of recovery, and it is safe to say that of all sufferers from tuberculosis, those who intelligently care for books have the best time and the best outlook. The mind that can work leisurely and independently with books has a simply boundless region of occupation and pleasure open before it at all times, a prospect which almost makes up for the limitations of illness. Many a man has made important advances in the knowledge of his calling, of literature, and of truth while confined to his bed or reclining chair.

In connection with reading there are two habits which are of the greatest permanent value, annotating and memorizing. The best method of taking notes

is by means of cards which can be filed in an indexed drawer. The next best is a collection of notebooks. If these involve too much exertion, and you have your own library, simply make marginal notes as you read. The personal interest of a book is greatly enhanced and the reader's memory assisted by this kind of friendly discussion with the author.

Whether in sickness or in health, memorizing the words of wise men and poets is one of the most valuable exercises the mind can be employed in. It cultivates thought and speech and enriches the whole personality, for "a thing of beauty is a joy forever." The quotations printed in the later pages of this book will do very well to begin with, and many patients will be interested to trace them to their sources, and choose from the great riches thus unearthed the particular treasures which most appeal to them.

It is a fact that through the gift of leisure illness may be partly a blessing, a golden opportunity to lift oneself above one's fellows in those things which civilized people value most: Refinement, culture, wisdom.

In addition to reading, some who have the talent and are well enough to stand the nervous strain may write, and have the satisfaction of producing something; if they are fortunate, the additional joy of occasionally having an article accepted for publication.

Other arts and handicrafts will provide quiet occupation for those who have a gift for them, but the fatiguing character of artistic production, whether adept or inept, must not be forgotten. A number of comparatively restful methods of busy-ing oneself are mentioned in chap. III, p. 49.

Women have some advantages over men in tuberculosis, not only in the fact that, whatever wits may say, they are certainly less restless, but also because they are used to light, sedentary occupations like sewing and knitting. Any kind of fine close needlework however is not consistent with rest.

In the hands of some few highly skilled experts, gardening and other forms of manual labor have been employed with good results during recovery from tuberculosis. But such things are to be regarded

as exercise rather than as occupation, and unless managed with the utmost skill they are dangerous, and should be postponed until recovery is well established, and even then undertaken very gradually and watchfully.

If possible, the tuberculous convalescent should observe two rules in the matter of occupation: First and most important, *it must not interfere with his recovery*, either by disarranging routine or by exciting or tiring him; second, it should bear as close a relation as possible to his real interests, so as to soothe the distress of mind which comes from feeling that time and opportunity are slipping away and being wasted.

One cannot think of the compensations of illness without thinking of friends. Of all the factors that lighten the invalid's lot, none gives him such positive happiness as friendship. This, surely, is one of life's major joys from which he need not and must not be cut off. His friends, if they are his friends, will try to understand his limitations and the strict régime under which he must live for a while, and he need not be afraid to tell them. Many

will already understand, for the individual with tuberculosis is likely to live among others in the same condition, and is often happiest and most apt to recover in such an environment. This is one of the reasons why sanatorium treatment generally increases the chances of recovery. The amount of good and the amount of harm which the invalid and his acquaintances can do each other is incalculable, and it is worth the greatest exercise of good sense and good humor to make friendship aid recovery instead of clashing with it, for neither can be sacrificed.

These, then, are the fundamentals in the art of getting well: *Rest, above all, rest*, and this rest practiced with a relaxed abandon and a ruthless elimination of whatever obstructs the vital business of recovery. Then, throughout convalescence, the cautious rebuilding of a comparatively normal life, with occupation and companionship giving aid and solace on the way.

And when you have learned the art, and are winning back your happiness, do not forget what friendly companionship, encouragement, and help have meant to

you when the going was hard and the prospect not too bright. Do not be content then merely to live and let live—rather live and help others to live also. “Freely ye have received, freely give.”

III

THE HYGIENE OF RECOVERY

In this chapter and the next, we endeavor to give, in clear and brief form, directions for the patient's daily conduct of life, and for some emergencies which may have to be met. It has not seemed advisable to discuss special methods of treatment like tuberculin, sunbaths, massage, and artificial pneumothorax, as these should never be undertaken except after expert study of the individual case, and should then be carried out only under the direction of the expert himself. The vast majority of patients do not require them.

DIET

A great many long and detailed directions are often given about diet in tuberculosis, quite unnecessarily. Special cases do of course require special diets, but such cases also require special study of their individual peculiarities. In most cases

this simple rule suffices: *Three square meals a day and plenty of water.*

In general, these meals should be as hearty as is consistent with good digestion, but the idea of stuffing in tuberculosis is an outgrown fad. Too much food has been shown to have an effect very similar to that produced by too much exercise, while any reasonably full diet is amply sufficient for the "calorie requirements." Getting fat does not cure tuberculosis.

It is usually better to be served small quantities, and return for more, than to have one's appetite spoiled at the start by a plate heaped high to the point of disgust. This does not mean that the patient should consult only his own caprice. He should eat his three square meals, but should adopt the method which makes this duty easiest and most agreeable.

The diet should be varied, with plenty of fresh vegetables, bread and butter, potatoes, and good meat, especially roast beef, steak, lamb chops, and chicken. The eating of raw fruit must be experimental, and it should be discontinued if it does not agree. Raw apples and unripe bananas are likely to cause trouble.

Cooked fruit is nearly always beneficial. Rich, that is greasy, diets, and excessive amounts of sweets, are usually injurious.

Eat more in winter than in summer, but remember, do not stuff at any time, especially when you are still confined to bed, and perhaps subject to fever. Give your digestion a rest occasionally by eating very lightly for a day or two.

One should eat slowly and ruminate like the beasts of the field. Water may, in fact should, be taken with meals, but must not be used to wash down solid food as a substitute for chewing. Meals should be at regular hours, about five hours apart. It is perhaps slightly preferable to have dinner in the middle of the day, but as both the midday and evening meals are to be hearty, this is obviously not a very important rule.

At least four glasses of water a day should be taken between meals. Water cleanses the whole bodily structure, removing injurious or toxic substances, and is often as effective in reducing fever as in putting out a fire.

Lunches are of doubtful benefit, and are likely to upset digestion and destroy

appetite. As a rule, patients do better if they do not eat at all between meals. If it is deemed advisable to put on weight in the form of fat, a good way is by taking olive oil at meals, beginning with one teaspoonful and gradually increasing to four or five; or by drinking cream in ginger ale or soda water.

Milk may be taken with meals, a good rule being to drink one glass at dinner (or lunch) and one at supper (or dinner), but if you are troubled with any form of indigestion, it is worth while to omit the milk and see if you are relieved. Raw eggs are easy to swallow when one has no appetite, but there is a good deal of reason to believe that an excessive number of eggs is injurious.

FRESH AIR

The best general rule about fresh air is the old formula: "To be taken externally, internally, and eternally." You should be out of doors nearly all the time, and should never be in the stagnant air of an unventilated room. Even out of doors stagnant air is bad, and all porches should be open on two sides in all but the most

stormy weather. A south-west corner is the best, giving cross ventilation without too much exposure to wind.

Most of the waking hours will be spent on a veranda or sleeping porch, in a reclining chair or in bed. The chair must be one in which you can relax completely. Best of all is the large substantial type with springs and detached cushions, of which the Adirondack Recliner is an example.

The bed should be a high metal one with firm flat spring and mattress. Two mattresses will increase warmth and elasticity. For complete rest, especially "postural rest," which consists in lying always on the side of the worst lung, the horizontal lying position is necessary, with one pillow, or at most two, under the head. A small one may be placed under the chest when in the postural rest position, not when lying on the back. When lying on the back, or sitting up in bed or in a reclining chair, a pillow under the knees contributes greatly to comfort.

If you sit up in bed part of the time, the arrangement of the pillows becomes very important. Enough of them should be

used to give a firm restful back; or a board may be slanted against the head of the bed to support the pillows at a comfortable angle. Some of the special adjustable hospital beds are excellent.

Whenever it is possible, patients should sleep out on a porch, even in cold weather, but it is well to take up this part of the treatment cautiously, especially if you start in winter. Begin by sleeping in a room with open windows on two sides, in all weathers, and when you are used to this, try the porch. If you cannot have a porch, keep on cheerfully in the room with windows open on two (or more) sides. Even at night there should be cross ventilation, except during very severe weather. A porch shut in with curtains is not as good as a well-ventilated room.

In case of sudden storms, it is important to have windows or curtains which can easily be adjusted; and you should have whatever you may need within easy reach of the bed. This will include drinking water, extra covers, handkerchief, sputum cup and a urinal.

After you are up and dressed, you will probably spend some time in the house,

but the less the better. Nearly all houses are too hot, too dry, and too "stuffy," that is, not sufficiently ventilated, except for two or three months in summer. If you must be in the house, the room temperature should not exceed 68°, especially during very cold weather. Plenty of water should be evaporated in connection with the heating system, in the furnace or on the radiators. A plentiful supply of well watered plants is a great help. Plants, on the sleeping porch or in the bed-room or any other room, day or night, are absolutely harmless except to some persons with hay-fever or asthma.

The house should be aired several times a day by throwing open the doors and windows for a few minutes. In addition, at least one window in every room should be open all the time, unless this causes distinct discomfort. Avoid strong drafts, however, when indoors and lightly clad.

Without comfort, day and night, rest is impossible, and rest is the basis of recovery. Your situation must be comfortable, with cross ventilation, but protected from high wind and the glare of the sun. Your chair or bed must be comfortable. In short,

you must be perfectly comfortable. Especially must you be so dressed and covered as to be neither too hot nor too cold.

KEEPING WARM

This subject, which includes clothing and covers, is one of the most important and often one of the most difficult in the climates of the United States. Incidentally, it appears that most patients do better in varied, semi-severe climates than in very mild and equable ones.

Patients who find cold weather unbearable, and are free to go where they please, will be wise to seek a climate which is to their taste. It is clearly an advantage to be where out-door life is agreeable at all seasons. If you cannot do this, and hate the cold, you can turn one room of your house into Florida, Colorado, or California, with an open fire and open windows, and spend part of your day there. But as far as possible, accustom yourself to being out-of-doors in all weathers, and make a study of the means to keep yourself comfortable there.

As to clothing, the best rule is, *wear as much as you need to keep warm, but no*

more. Have a variety of garments, and dress like a layer cake, putting on and taking off according to the weather. For very cold days, when sitting out or driving, a very warm heavy cloth or fur coat may be necessary, but ordinarily a collection of sweaters and coats is more adaptable to the temperature of the day. Never take walking exercise in a very heavy coat.

Do not let cold or rain catch you unprepared. Always take a coat if there is a chance of needing it, and put it on as soon as you do need it, but not before. If you go out in the rain wear rubbers and carry an umbrella; if in the snow, wear overshoes. It is far better to be fussy than foolish, and these precautions are really wise and important.

Never get wet or chilled unnecessarily; but remember, it is safer to get wet than to hurry. If you do get wet or cold, take a warm bath and put on dry clothes as soon as possible.

The clothing should be loose and light, and this applies to corsets and shoes. In winter, light woolen undergarments are permissible if you cannot keep warm without them, but it is best to wear silk,

linen, or cotton under them. Woolen stockings, however, may be needed through the greater part of the year, and woolen gloves or mittens are quite necessary in winter. For writing out of doors in cold weather a thin loose cotton glove covered by a heavy woolen mitt without fingers is a convenience.

The same general rules apply to covers as to clothing. Let them be as light and loose as possible; use enough of them to keep you warm, but no more.

When sitting out in cold weather, spread your steamer rug or blanket flat on the chair, sit on it, pull the lower end up over your feet, and fold the sides across your legs. A hot water bottle may be put under the feet first. *Do not let your feet be cold, day or night.*

When sleeping out, make your arrangements so that you can keep warm without a heavy load of covers, for this is very fatiguing. In general, quilts especially eider-down ones are lighter and warmer than blankets. Wear outing flannel pajamas—two suits if necessary—the legs of which may be tucked into loose stockings of cotton or wool. If you suffer from cold, other garments may be worn over the pajamas.

Sweaters are comfortable but perhaps fit too closely. An excellent garment for this purpose is a very long loose gown of wool flannel, coming below the feet. A number of night caps and helmets are made, but most of them are too tight and hot. A very loose bag of outing flannel with an opening for the face is quite satisfactory.

It is important to have the bed warm under you as well as over you. Two mattresses may be used, with a layer of paper between them, or a comforter or blanket may be spread on the mattress under the mattress cover. Outing flannel sheets are much warmer than plain cotton ones, and a pair of blankets, instead of sheets, are warmer still. Do not tuck the covers in under the sides of the mattress; it is warmer to let them hang and adjust them closely to your body.

Use hot water bottles, "pigs," or electric heating pads if necessary, but always with a caution against having them too hot.

In all circumstances remember the general principles: *You must be warm, all over, all the time; you must get as much fresh out-door air as possible; and you must not overload yourself with clothes and covers.*

CLEANLINESS

During active disease bathing must be reduced to a minimum. "It is better to be dirty and well than clean and sick," is the maxim with which we soothe fastidious patients. It is something of an exaggeration, for it is not necessary to be actually dirty. An occasional bed bath, skilfully given, is harmless, and is sufficient for cleanliness. This is the only kind of bath which a patient with fever should have. Montaigne wrote: "'Tis no time to bathe and clean a man's self when he is seized by a violent fever."

After the disease becomes quiescent, tub baths and shower baths are permissible. The bath should be lukewarm, neither very stimulating nor very relaxing, and may be followed by a brief sponging or splashing of the neck and chest with cold water. A satisfactory method of bathing is to stand in warm water and spray the body with lukewarm to cool (not cold) water from an adjustable shower such as can be purchased at drug stores for a few dollars.

Do not become chilled, but do not exercise violently trying to rub yourself

into a "healthy glow" with the towel. Do not soak in a hot bath. All are dangerous. Remember, especially in early convalescence, that a bath represents considerable exertion, and if you notice any fatigue after your baths, reduce or omit them.

For the hands, thorough and frequent washing with soap and water is sufficient and highly desirable.

The teeth should be thoroughly brushed, front and back, with a stiff brush and any good tooth-paste. Get your dentist to show you the proper way to brush teeth, and do it at least twice a day, before breakfast and before going to bed. Brush them, or better, clean them with dental floss, after every meal as well, unless this involves too much exertion. Keep the tooth brush scrupulously clean, otherwise it becomes injurious; it is well to keep it, like the thermometer, in a 2 per cent formalin solution. Consult a dentist at least every six months. It is a good plan to rinse the mouth and gargle once a day with a weak solution of some mild antiseptic.

Under the heading of cleanliness, we should also mention the subject of disposal of expectoration, for obvious reasons. Al-

ways have with you a special receptacle, use it for not more than twenty-four hours, and then have it burned. If you are lying in bed, it is permissible to use pieces of old cloth or paper napkins in order to avoid raising the head and shoulders. These should be used only once and dropped into a paper bag which is pinned to the side of the bed. The bag and contents are burned at the end of each day. If you are not so ill, the special waterproofed cardboard receptacles are better. Never expectorate anywhere but in this receptacle. Never swallow expectoration, even when merely clearing the throat. These are the absolute commandments of safety and decency. Beyond this, but only so far as can be easily reconciled with these rules, try to make the whole matter as inconspicuous as you can.

COUGH AND EXPECTORATION

A certain amount of cough may be unavoidable, especially in the early weeks of treatment, before you have learned all your lessons. But *never cough if you can help it*. Far from being a duty to make a

violent effort to bring up obstinate expectoration, it is a dangerous error. Not only is the exertion of coughing equivalent to hard exhausting exercise, but the effect on the chest is likely to be an extension of disease into the healthy parts of the lungs or, sometimes, a hemorrhage.

Therefore, always try your best to keep from coughing. If you try faithfully, you will be surprised to find how soon it becomes easy, for nearly all coughing is really unnecessary, and is, in fact, nothing but a bad habit, a weak and injurious yielding to a slight sense of discomfort. If you do not cough, the expectoration will be carried gradually by a natural process up to the throat, where it can be dislodged almost without noise or effort. There is no reason, except in the rarest cases, why this physical necessity cannot be as much under the control of your will, and as inconspicuous, as other physical necessities. A drink of cold water will often help greatly both to control the cough and to facilitate clearing the throat. The "postural rest" already described is a wonderful aid in checking an otherwise really uncontrollable cough.

If at times you must cough, always cover your mouth lightly with something which can be boiled or burned. The disposal of the expectoration has already been described, but, please, turn back and reread the directions!

PROTECTION OF OTHERS

Authorities disagree as to the amount of risk involved in the intimate association with tuberculous invalids, some even asserting that for adults of the civilized races there is no risk whatever, even in the relationship of husband and wife. While we do not take this extreme view, we do feel that if the rules as regards cough, expectoration, and cleanliness are scrupulously followed, a healthy adult incurs less risk in living with a tuberculous patient than in riding down town in an automobile.

This, however, does not apply to children. A child, especially a baby, is in deadly danger whenever an individual with active tuberculosis feeds him, kisses him, or even holds him and talks into his face. The seeds of tuberculosis are often, perhaps usually, sown in childhood, and if you have this disease, and have not enough self-control

to take the necessary precautions, there is just about an even chance that you will give it to any young child who has the misfortune to live in the house with you, whether that child is your own or another's.

These precautions, in addition to the ones we have already discussed, are: *Avoid all close contact with children*; do not talk, laugh, or sing directly in their faces; do not allow them to touch any of your soiled handkerchiefs or clothing; have all dishes and eating utensils thoroughly scalded after each meal, and keep yours and theirs separate. These rules apply even more to mothers than to strangers, for it is from parents and other close relatives that children are most apt to contract tuberculosis.

AMUSEMENTS

The chief possibilities in the way of entertainment have already been discussed in the paragraphs on occupation in Chapter II. Here we may go over the ground again briefly and add a few more explicit suggestions.

While your trouble is very active, do as near nothing as possible: Vegetate.

Sleep as much as you can. The power to do nothing, when that is the thing to do, is a good measure of your practical sense and the depth of your mind.

The mind is its own place, and in itself
Can make a heaven of hell, a hell of heaven.

When your fever is gone and your convalescence begun, make the most of your opportunity to read good books. If you have no taste for them, now is the time to cultivate it.

Among the things which serve to make convalescence less tedious are: Writing verses, stories, and movie scenarios; sketching, drawing, and painting; the study of birds, flowers, trees, and stars, with the aid of books, illustrated by what you yourself can observe; the study of a foreign language, with or without a tutor; stenography, telegraphy, and "radio"; pottery, basket-weaving, and other crafts taught by the exponents of occupational therapy and vocational reëducation. These are amusements which will add to your permanent resources of usefulness and pleasure, and such on the whole are most satisfying, when one is shut off for a while

from one's regular work. In addition there are sedentary games like bridge, chess, and checkers, and games involving mild exercise like rifle and pistol practice, clock golf, and croquet. But remember that even the mildest game, if it excites you, exhausts you. In general, it is best to transfer your pleasures from the physical to the mental field, a hard feat, but worth the effort.

Enough has already been said of riding and walking, and of pleasures involving physical exertion. None of the latter should be attempted till you are well, and then only with the greatest caution.

Indoor entertainments of all kinds involve the danger of contracting colds and influenza from other spectators, as well as the generally unfavorable effect of stagnant air. They should not be indulged in except with the full realization that they involve a risk. The risk is not enormous, and may occasionally be justified. When public places are properly aired the situation will be different, and this form of relaxation will be more available than it is now.

Outdoor shows like baseball and football games are allowable if you can

attend them in comfort without fatigue or undue exposure.

REGULAR HABITS

In undertaking to recover from tuberculosis, the first step is to work out a regular daily schedule and put it into practice. For *routine, though it may seem deadly, is really a life saver*. Everything to be done should have its regular time, every hour should have its regular content. Life will go much more smoothly and harmoniously, and recovery proceed much faster, under an intelligently planned schedule, and the expenditure of will required for a week or two in getting such a routine to work regularly, invariably, and automatically, will be repaid a thousand times in genuine restfulness and relief from friction. In reality, days of regular routine often seem the shortest.

The schedule should include time of rising (if you rise), morning toilet, breakfast, time for bowel movement, rest, exercise (if you are well enough), partial rest (to include reading, writing, and conversation), dinner (or lunch), the afternoon rest and relaxation, supper (or dinner), the evening

rest and relaxation, bed, lights out. It will include the regular times for taking pulse and temperature, and any special treatments which you may be taking by order of your physician.

What at first seems deadly dull and mechanical soon becomes tolerable and later agreeable, and after you have worked out the problems of occupation and amusement, not even monotonous.

Not only will a definite daily routine relieve you from the wear and tear of continual decisions and indecisions, but the occasional breaks away from the schedule which you may allow yourself after a while, as you get better, will become doubly delightful.

In drawing up the plan for the day, and in considering whether exceptions can be made, in making the rules and in breaking them, be sure to consult with your doctor, and if you disagree, follow his advice. Understand that a break in routine is always a serious matter. One mistake in judgment often undoes all the good gained in months. Prepare gradually for any unusual event or strain. If you become careless and overdo, you cannot count on receiving a

warning in time to stop without harm. "The mills of the gods grind slowly, but they grind exceeding small." You must not only have good sense and good advice, but you must have them all the time.

SANATORIA AND CLIMATE

We have already said that as a rule persons who are suffering from tuberculosis are happier and do better among their own kind. To be always surrounded by the restless activities of well people is too exciting and too tantalizing, and makes it extremely difficult for the invalid to relax and rest completely enough and long enough to get well. In a well-ordered sanatorium everything is calculated to make the routine of recovery as easy and agreeable as possible. No one urges you to take foolish risks, no one accuses you of malingering or regards you as a nuisance. You have that companionship with people whose problems are like your own and whose lives must be lived in the same way, which all social natures crave and need. You are relieved of the continual conflict with misunderstanding which is exhausting to most natures, and especially to the tuberculous

who so need harmony and serenity. Also you are relieved of responsibilities which so often wear on the poisoned nervous system. Your physician is always at hand and can take from your shoulders the burden of planning and providing all the various factors which go to make up the cure.

Of course there are rampant individualists who cannot adapt themselves to sanatorium life, and who, for everyone's sake, had better not attempt it; but for the great majority the training and routine of a good sanatorium are blessings.

A few remarks on climate are relevant in this connection. They should be prefaced by the statement that most of our work has been done in a high, dry, sunny climate. Personal factors may have contributed to forming the belief which we strongly hold, namely, that this sort of climate is of very distinct benefit in the treatment of most cases of tuberculosis.

Jaquerod of Leysin writes in a recent booklet: "When we studied the distribution of tuberculosis in different countries, we discovered that the disease was almost unknown among the inhabitants of certain mountainous regions, where the climate

was cold, but very dry and sunny. From that time, consumptives were sent to the mountains, and their stay produced so remarkable an effect on many of them that the *cure of high altitudes* was soon accepted in the profession."

Solly, in an analysis of eight thousand cases, found a greater percentage of recoveries at high altitudes than elsewhere. Gardiner, a pioneer in this field, has for more than thirty years been calling attention to the strikingly low tuberculosis morbidity and mortality among the resident population of health resort towns in the high inland plateau region of this country, which he attributes largely to low relative humidity. Recent physiological studies, especially those of Leonard Hill, have supported this point of view by proving that cool dry air, in assisting radiation and evaporation from the skin, has a very favorable effect on the assimilation of food and its conversion into energy of all kinds. It was shown first in Colorado Springs and later in Switzerland that the lymphocytes of the blood, which appear to be important in defense against tuberculosis, are increased at high altitudes. In

these regions we live under the eye of the sun, Apollo, the Healer and Purifier, whom the Greeks recognized as a god, perilous to trifle with, but salutary to body and mind if treated with due respect.

It seems fair to say that a high dry climate for tuberculosis gives all the benefits of exercise without any of the dangers; that is to say, *it stimulates the bodily functions without causing fatigue*. It is therefore desirable to seek such a climate if you can do so without sacrificing those more essential things, rest, good food, comfort, peace of mind. It is a help, but it is not indispensable. If you cannot make such a change under the most favorable circumstances, it is best to stay where you can have the essential things.

IV

ACCIDENTS AND OBSTACLES

Nearly all the accidents and obstacles, the setbacks, big and little, encountered in the course of recovery from tuberculosis, are in reality effects of the disease itself; for tuberculosis, even when strictly confined to the lungs, can make itself felt in distant parts of the body, through the nervous system.

It is especially true of digestive difficulties, loss of appetite, sleeplessness, and nervousness, as well as fever, night sweats, and pain in and around the chest, that they are common symptoms of pulmonary tuberculosis. Their most important treatment therefore is the treatment of the tuberculosis, that is, the faithful methodical rest of which we have said so much.

There are however various special points in treatment which may help to relieve special symptoms and these will be dealt with in the following chapter, which may be

regarded as a sort of "First Aid Manual." Any kind of trouble whatever should be noted down in the bottom space of the chart and reported to your doctor. If there is worrying to be done, let him do it for you.

DIGESTIVE DIFFICULTIES

One of the commonest of digestive troubles, constipation, is usually due to faulty diet and lack of regular habits. As already stated, the diet should contain plenty of fresh vegetables and cooked fruits, also raw fruits if they agree. A good ripe orange or a dish of prunes, eaten at bedtime, often helps greatly. Eat all of the orange except the skin. Plenty of water between meals is very important, and a glass of hot water half an hour before breakfast may be of use both to prevent constipation and to relieve the sense of discomfort and distaste for food which many people have in the morning.

For those who tolerate them well, coarse breakfast foods with bran are helpful, but in many patients they cause distress and even actual injury to the intestines. Powdered agar, taken in oatmeal, gives the desired bulk without so much irritation.

It is extremely important to go to the toilet at a regular time, best after breakfast.

The muscles of the stomach and intestines, like all the other muscles, are weakened by tuberculosis, not so much by the lack of exercise as by the general effect of the disease itself. Even if the bowels move, they may move too sluggishly, and they sometimes need assistance. One of the most harmless measures is to chew and swallow five to twenty senna leaves at bedtime. It may be necessary to take mineral oil regularly, in small quantities, or cathartics or saline purgatives such as Seidlitz powders or Pluto water occasionally. But keep to proper diet and regularity, and these rather undesirable aids will seldom be required.

It is important to avoid constipation, for many headaches and some elevations of temperature are due to it.

Gas and distress are often caused by eating too much, or more especially, too fast, and are likely to be associated with constipation.

Gas can often be relieved by reducing the amount of starchy food, and, most of all, the amount of sweets, including

sugar in all forms. Sometimes it depends on too rich (greasy) foods, sometimes on bran and other irritants which are taken for constipation, and sometimes on some single article in the diet which happens to disagree with the individual. Beans, milk, cheese, raw apples, and bananas are among the things which may cause trouble. Try to find the offending food and do without it.

If gas or distress is persistent, be sure to consult your physician, as you may need special treatment, in particular some attention to your acid and alkali requirements. It is even more important to consult him in case of obstinate diarrhea, and imperative to do so at once if you have severe abdominal pain.

In a considerable number of individuals, tobacco, especially in the form of cigars, causes or aggravates digestive distress, as well as nervousness and restless sleep. Others can smoke in moderation, if they do not inhale, without ill effects, and even with benefit in the way of greater contentment.

“Nervous indigestion” or “dyspepsia,” characterized by more or less severe abdominal discomfort and distress, often with

a sense of constriction, and with some general muscular aching, is one of the earliest and commonest symptoms of tuberculosis. Its direct connection with the disease is shown by the fact that over-exertion and fatigue bring it on, and by its frequently accompanying tuberculin reactions.

LOSS OF APPETITE

This very frequent symptom is so much a part of active tuberculosis that it is often impossible to get rid of it except by getting well. One has to grin and bear it, and go on eating one's three square meals a day in spite of it.

Very much depends on having the meals served in an attractive manner, and not having too much on the plate at once. In diet, variety is preferable to routine.

Not infrequently distaste for food is a result of constipation, and is relieved by appropriate treatment of this. It may be worth while to take little or no food for a day occasionally.

Loss of appetite, and the feeling of general disgust and exhaustion which often goes with it, may be much improved by tonics;

but it must be remembered that whatever stimulates is likely to increase nervousness and sleeplessness, as well as making one feel like doing too much.

Sometimes it is only breakfast which seems impossible to face, and in that case it may be allowable to substitute raw eggs for a breakfast which requires effort to eat. These may be regarded as raw oysters; they should be cold, and flavored with a little salt, lemon juice, Worcestershire sauce, or catsup if you wish. Do not use large quantities of anything peppery however.

Occasionally the difficulty of eating becomes so serious as to demand a change of eating place, or even a complete change of scene and climate.

NERVOUSNESS

Nervousness, to some degree, is another almost invariable accompaniment of tuberculosis, manifesting itself in restlessness, irritability, faultfinding, depression, and a great variety of other ways. It is of course partly dependent on the incomplete life one has to lead, and the idleness which is essential in treatment, combined

with anxiety about the present and the future, but it is even more dependent on the direct toxic effect of the disease itself. Proof of this is the fact that patients who are doing too much, taking even a little more exercise than their condition warrants, are much more subject to it than those who are conscientiously doing nothing.

Individual temperament is an important factor, and it has been said that many patients would have to change their ancestors in order to get rid of nerves or to get fat. Nevertheless these patients, if they have intelligence and will, can control themselves and win. It is such persons who most need Dr. Trudeau's profound saying: "Conquer fate by acquiescence."

"Weak nerves" is often merely a polite equivalent of weak will. When this is the case, and the patient is incapable of lifting himself above continual self-pity, brooding, and resentment, he injures his own prospects of recovery, and to some extent those of other people. For everybody's sake it is quite incumbent on the ill, and even more so on the well who are with them, to exhibit as much serenity and good humor as they possibly can, even if it is

not always easy or, to be more honest, even though it is often impossible. When life seems to be going badly, remember that some things are more important than they seem, but most things are less so.

Occupation, as already discussed in the second and third chapters, is often wonderfully helpful in relieving all forms of nervousness, always provided it does not involve doing more than you are able to. For whatever is bad for tuberculosis is bad for nervousness, which is a part of it.

The constant out-door life which ought to be the rule in tuberculosis is particularly valuable in reducing nervousness and giving serenity. It has been shown that the extremely dry air of our heated houses, often literally dryer than the Desert of Sahara, greatly increases irritability and all the evil manifestations of nerves.

Recognizing that it is only human to worry when there are things to worry about, Colonel Bushnell has suggested that a definite time be set aside in which to get all the worrying done for the day. By thus reducing it to an absurdity, worry may be exorcised; for though it is natural, it is entirely useless and harmful.

SLEEPLESSNESS

Sleeplessness, when it occurs, is as a rule merely a part of general nervousness, and so is helped by whatever reduces tuberculous toxemia. Perhaps the most valuable aid in its treatment is to realize that it is not important. Wakefulness in itself is simply a nuisance, not a thing to worry about, still less to be afraid of. If you are following directions faithfully in the matter of rest, and if during your wakeful nights you relax physically, and stop fretting because you are not asleep, this inconvenient symptom will not retard your recovery.

You should be in bed as much as ten, or at the very least nine hours every night; but you cannot expect to sleep, on an average, much more than you have been accustomed to before you were ill, that is, seven or eight hours.

If you are having a really bad night to-night, remember that you will probably have a good one to-morrow night, or as soon as you reach the point where you physically need it. If you are fated to lie awake a good deal, try to spend this time in thinking of serene and pleasant things,

such as the beautiful passages from literature which you have memorized. A philosophical patient once said: "I like to lie and think of what I'll be doing two or three years from now."

However, as sleeplessness is a decided nuisance, it is very desirable to rid yourself of it as far as you are able. First, be faithful to outdoor rest day and night, for by thus aiding recovery from your tuberculosis you escape its attendant nervousness and sleeplessness. Do not take naps during the day if you cannot sleep then and at night too. Avoid doing in the evening anything which excites you at all, even if it is only conversation. Go to your room, or cease to receive visitors, half an hour before bedtime, and spend this time in solitude and quiet. Keep strictly to the regular hours you have set down in your schedule.

Wakefulness is likely to be increased by anything which increases the activity of your disease, especially by too much exercise. The fact that exercise does not have this effect in health must not be allowed to lead you astray. It is also increased, in those who are subject to it, by coffee, tea, and tonics containing strychnine.

nine; sometimes by tobacco, especially by cigars, and alcohol.

Disturbed, unrestful sleep, with aching head and muscles in the morning, is often a symptom of constipation; a very similar effect is sometimes produced by too heavy covers, and by insufficient ventilation.

A glass of hot milk and a sandwich at bedtime is a great help to some who suffer from sleeplessness, especially the type which is characterized by waking in the small hours of the morning, and inability to go to sleep again. Others can read themselves to sleep, but this involves danger of eyestrain, and of becoming too interested and excited, and not stopping soon enough to allow for nine or ten hours of continuous rest.

No matter how much insomnia annoys you, never take drugs without professional advice, and beware of them even if they have to be prescribed. Keep in mind the wise saying of Dr. F. C. Shattuck: "Always buy sleep at the lowest price."

HEADACHE

Headache, so common among people in general, is even more so among the

tuberculous. Like fever and nervousness, which it may accompany, it is often a symptom of the poisoning of active tuberculosis. Other common causes are constipation and eyestrain, both of which depend on the muscular weakness and fatigability which are inseparable from the disease.

The first rule of treatment for this as for other symptoms is to be faithful to outdoor rest and all the details of general treatment. Be careful not to strain your eyes by reading for a long time continuously, or in a bad light, or with the sun shining on the page, or by facing a bright light. If there is any defect in your eyes it is important to have it corrected, but the weakness of the eye muscles cannot be corrected except by getting well, so it must be indulged by sparing the eyes as much as possible.

The so-called "bilious" or "sick" headache, with nausea and giddiness, is usually due to constipation and requires thorough cleaning out of the intestinal tract, sometimes a few doses of soda as well. If it persists the doctor should be called.

FEVER

This most important subject has been pretty thoroughly covered in previous chapters. In a sense it is the subject of the whole book. It is the most conspicuous sign, symbol, and warning that recovery is not yet at hand.

To recapitulate: Fever, in tuberculosis, means a temperature of 98.8° or over. It is likely to be accompanied, sometimes preceded, by various more or less distressing symptoms which have already been discussed. It nearly always indicates active trouble, though it occasionally has other causes, such as colds and digestive upsets. Whatever it is caused by, it demands complete rest in fresh air, plenty of water to drink, and scrupulous attention to all the rules laid down for the treatment of tuberculosis.

SWEATING

True night-sweats, in which the patient wakes to find himself drenched with perspiration, are most likely to occur when the disease is quite active, and are especially apt to follow a day in which one has had

considerable fever. They are commonest of all in persons who have not begun to take the rest-cure, or who are not resting completely enough.

Atmospheric conditions, however, have a very marked effect on this symptom. Even persons in health occasionally have night-sweats when sleeping in the close humid atmosphere of an ill-ventilated or unventilated room, while tuberculous individuals who have suffered from night sweats often cease to have them on moving from a poorly ventilated room to a sleeping porch, or from a damp oppressive climate to a dry, invigorating one, or when the weather changes from warm and sultry to cool and dry.

Patients who are in favorable surroundings, and who follow directions as to routine, rest, diet, clothing, and covers, do not often suffer from severe night-sweats. In cases where they do occur they may be relieved by a gentle alcohol rub before going to sleep, and by wearing light flannel pajamas.

It is well worth noting that patients who have active tuberculosis, even though it be mild and early and not accompanied by typical night-sweats, are likely to perspire

more than normal persons. This sweating is often noticed only in the armpits, and also in the palms of the hands, and is occasionally limited to one side. It is sometimes an aid in the diagnosis of beginning tuberculosis, though it is by no means confined to this condition.

PAIN IN THE CHEST

Pain in and around the chest is most commonly caused by pleurisy. Pleurisy pain may be felt not only in the chest itself, but may be transmitted to the shoulders, arms, neck, back, and abdomen also. If it is severe or persistent or accompanied by fever or difficulty in breathing, tell your doctor. Even if all these symptoms are not present, tell him anyway.

Pleurisy is often brought on by over-exertion or by getting chilled. Like fever it indicates that there is some degree of tuberculous activity, and calls for extra quiet and caution. The pain is best relieved by heat, and the easiest and most comfortable way of applying this is the electric heating pad. Always lie on the side on which the pain is felt. Some patients are relieved by painting with iodine or other

applications to the skin, and there are those who like strapping with adhesive, which as a rule seems to cause more discomfort than it does away with.

If your physician decides that there is fluid in your chest, do not insist on his removing it against his own judgment. It is often best to leave it alone.

The pain in the upper middle part of the abdomen or left lower part of the chest which is known as "heartburn" is generally caused by gas or over-acidity of the stomach and may be relieved by soda. A dull pain behind the breast-bone and deep in the throat, felt on swallowing, sometimes has the same cause, and sometimes seems to result from fatigue in some way not yet fully understood. This, as well as a sense of "tightness" across the front of the chest, may yield to the electric heating pad.

HEMORRHAGE

The patient who has a hemorrhage at the beginning of his illness is fortunate, for it makes him take tuberculosis seriously and realize the necessity of taking great care of himself. The hemorrhage itself however does not do good at any stage of

the disease, except as it forces the patient to keep quiet. It is often the result of some overexertion, but may not show itself for a day or two afterwards.

Hemorrhage from the lungs, of any degree from pink streaks in the expectoration to large amounts of fresh blood, always indicates active unhealed tuberculosis even when the pulse and temperature are normal. If there are exceptions to this rule they are extremely rare, and it is far safer to ignore them. It therefore always means that you must follow the rules of treatment with renewed zeal.

Any trace of blood from the lungs calls for rest in bed, continued for at least two days after it has entirely disappeared. If you are in doubt whether the blood comes from the lungs or the gums or back of the nose, assume that it is from the lungs until you can prove the contrary. Streaks are often a warning of more severe hemorrhage, which can be averted by rest in bed, light diet, and a saline purgative.

Hemorrhage in itself is seldom dangerous, and many patients have fully recovered after having great numbers of them. But it becomes dangerous if you get excited,

shout, run, or cough violently and uncontrollably.

On the subject of hemorrhage as an emergency, that is, actual bleeding from the lungs, the paramount rule is: Keep quiet. Next in importance is to be in fresh moving air. If possible lie down at once, just as you are, in an easy position with pillows under head and shoulders, and wait for help. If there is no good place to lie, sit. Do not run for help or for something to catch the blood. If you are not in your room, do not walk there, but wait to be carried. If you are alone and there is no prospect of help coming soon, you may have to break some of these rules. You may have to walk a little way, or even telephone. If so, do everything very slowly, calmly, and with as little effort as possible. In all probability it will not do you any harm. However, while you are ill, do not get into situations where you cannot get help quickly and easily.

It is safest not to attempt to undress until you have the help of some skilful person, such as a trained nurse; and for some days after bleeding stops, do nothing for yourself. While the bleeding is going

on, lie still with your head near the side of the pillows, a flat basin by your mouth. If your trouble is nearly all in one lung, so that you are reasonably sure the blood comes from there, lie on that side. Do not try to keep the blood from coming up, and do not make a violent effort to bring it up. Do not swallow it for this may cause abdominal discomfort afterwards.

Have someone get the doctor as soon as possible, but do not feel that you are lost if there is a little delay. To be perfectly quiet, and have your surroundings quiet, is the essential thing. Do not eat or drink while waiting, and above all do not take any kind of stimulant. It is allowable to suck little pieces of ice if you are thirsty.

When the doctor comes he will make arrangements to secure your comfort and continued quiet. For a week or two you will require as expert care as though you had pneumonia or typhoid.

COLDS

The experience of persons who are under treatment for tuberculosis offers very strong evidence of the contagiousness of colds. As long as patients are being kept in bed,

not exposed to other people, they very seldom have these troubles unless a careless nurse or visitor brings them in, and this is true even if by some accident they become severely chilled. When they begin to circulate among people, riding in public conveyances and sitting with crowds in close public places, they immediately begin to have colds.

This is an added reason for spending your time in the open air. Do not expose yourself to people with colds, and do not expose others to yourself when you have one.

The better your general condition, and especially the less you fatigue yourself, the better you will resist colds. All the points discussed in Chapter III have a bearing on this. Cool douching or spraying of the chest and neck is of value, but do not take cold plunges or shower baths with the idea of hardening yourself. Only very robust people can stand this.

If you do get a cold, go to bed and stay there till you are well over it. This is for your own sake and other people's. It may be advisable to take a cathartic, but do not take other drugs except by your doctor's orders. A cold which starts in the

nose and throat may possibly be headed off by expert local treatment taken early. For general prevention also, nasal sprays, douches, and gargles are useful, but it is best to consult a specialist as to what is adapted to your individual needs and the climate in which you live.

The chronic irritation of the respiratory tract which is produced by the excessively hot dry air of heated houses, as well as the sudden change from such an atmosphere to a cold damp one, certainly increases the liability to colds.

If you have been exposed to the contagion of a cold or grippe (influenza), wetting, chilling, or fatigue will make you more likely to contract it; certainly if you have already started to have one of these infections, such factors will make it worse.

As a rule, a cold, or even influenza, properly cared for, will not seriously impair your chances of recovery, but a neglected illness of this kind is very likely to do so. Especially after the more severe respiratory infections it is extremely important to be very cautious for a long time, in order to avoid serious after-effects.

HOARSENESS AND SORE THROAT

These symptoms commonly occur during and for a little while after an acute cold. If either of them develops independently, or persists long, it calls for investigation.

Hoarseness is not infrequently caused by a little tenacious mucus in the throat. The act of talking brings a small amount of expectoration up to the larynx, and there is a temptation to clear the throat and swallow. Remember that this is dangerous. A drink of cold water will help you to dislodge and expectorate these particles.

For the discomfort of a dry or sore throat, whatever the cause, a small piece of licorice held in the mouth and allowed to dissolve slowly is more helpful than most of the proprietary lozenges. In small quantities it does no harm, but to suck anything constantly is bad for appetite and digestion.

If throat symptoms persist, and examination shows tuberculosis of the larynx, do not be discouraged. The old-fashioned fallacy of the incurability of tuberculous laryngitis was long ago exploded. Most

of these cases yield to treatment, especially if taken early. They should be in the care of a specialist, but the most important point in treatment is rest, complete rest of the diseased region by means of silence. Do not talk, but communicate by means of pencil and paper.

This seems, and is, hard. But health is worth sacrifices, as all of you know who have had it and lost it, and are now, through rest and patience, recovering it.

VIVE UT VIVAS

(Live so that you may live.)

CHART SHEETS

And verses vaine—but verses are not vaine.

SPENSER

This is a conflict which we may enter with
a surely founded prospect of success.

KOCH

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As men who feel themselves weakened by a long series of indisposition, give themselves up to the mercy of medicine, and submit to certain rules of living, which they are for the future never to transgress. MONTAIGNE

Our remedies oft in ourselves do lie,
Which we ascribe to heaven.

SHAKESPEARE

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The struggle with tuberculosis has brought me experiences and left me recollections which I could not have known otherwise, and which I would not exchange for the wealth of the Indies.

TRUDEAU

There is a considerable store of natural resistance to the disease and this resistance is maintained by a normal life. THEOBALD SMITH

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For wisdom is a defense, and money is a defense; but the excellency of knowledge is, that wisdom giveth life to them that have it. ECCLESIASTES

Too much food may prove as disastrous as too little food, and furthermore it is a great pity to waste good food.

L. BROWN

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Be wise with speed;
A fool at forty is a fool indeed.

•YOUNG

People should have thermometers and know how to use them. I have an abiding faith in the intelligence of the human race. F. C. SMITH

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Persistence is the strength of the weak.

FABRE

I know I have hurt nobody by rest, but I am quite sure I often have by allowing them to exercise.

TRUDEAU

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Who saw life steadily and saw it whole.!

MATTHEW ARNOLD

Forced feeding often does harm. J. A. MILLER
Coldness is no index of good ventilation.

L. BROWN

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Light intellectual full of love; love of the true good full of joy; joy that transcendeth every pleasure.

DANTE

An attractive view is of considerable value,
but many patients are willing to exchange
it for one which presents the activities of life
as shown by the passing crowd. L. BROWN

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O happy living things! no tongue
Their beauty might declare:
A spring of love gush'd from my heart,
And I bless'd them unaware.

COLERIDGE

Loving care is not enough; it must be skilful
as well.

FRENCH

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Oh world as God has made it—all is beauty;
And knowing this is love, and love is duty—
What further may be sought for or declared?

BROWNING

As our knowledge of the disease becomes more perfect, the mind feels relieved and the horizon widens.

LOUIS

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Seneca thinks the gods are well pleased when they see great men contending with adversity.

BURTON

The danger time in tuberculosis, the perils of the "false convalescence" of Laënnec, cannot be overemphasized.

L. BROWN

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Do not turn back when you are just at the goal.
PUBLIUS SYRUS

A great many symptoms are attributed to a neurotic temperament when they are really due to the action of the tuberculosis toxin.

SCHAEFER

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The labor we delight in physics pain.

SHAKESPEARE

My soul
Smooth'd itself out, a long-cramp'd scroll
Freshening and fluttering in the wind.
BROWNING

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Remember that your getting well, however good your doctor is, depends chiefly upon yourself, on your common sense, on your intelligence, on your determination.

NATIONAL TUBERCULOSIS ASSOCIATION

What signifies to me anything that happens,
while my soul is above it? EPICTETUS

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Cultivate "switch thoughts" of a happy and useful nature. Memory has been well said to consist in the art of forgetting.

FRIPP

In connection with the digestion of food rest
is of great importance. POWELL AND HARTLEY

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Some things are of that nature as to make
One's fancy chuckle, while his heart doth ache.

BUNYON

How much the state of mind has to do with
recovery no one can say. P. K. BROWN

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The race is not to the swift, nor the battle
to the strong.

ECCLESIASTES

Extremists in any direction are usually wrong.
PEARL

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There was once, in a remote part of the East,
a man who was altogether void of knowledge
and experience, yet presumed to call himself a
physician.

PILPAY

Tuberculosis is the expression of an incomplete civilization. The social faults of which it is the register are especially deficient aeration and overcrowding.

PHILIP

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The steadfast star
That was in Ocean waves yet never wet,
But firm is fixt, and sendeth light from far
To all that in the wide deep wandering are.

SPENSER

In the treatment of tuberculosis we begin by saving every bit of strength the patient has and by keeping the pulse rate as slow as we can.

BARLOW

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The great men of the age were at once servants of duty and the lords of life. CRANMER-BYNG

Make it a point to take up nothing that cannot
be laid aside at any time, and to stop short of
all tired feelings.

ATKINSON

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One should not be unconquerable in the sense
that an ass is.

EPICTETUS

Have as good a time as you can. SWAN
 Cheerfulness, that keystone in the care of
 tuberculosis. MINOR

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Knowledge, in truth, is the great sun in the
 firmament. Life and power are scattered with
 all its beams. WEBSTER

I have loved the sunlight as dearly as any alive.
NEWBOLT

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To those who are familiar with the results of sanatorium treatment, any attempt to submit evidence in their favor would seem superfluous.

PHILIP

The temperature having fallen to normal, patients are too often permitted to do too much too soon—with a resulting return of fever.

PATERSON

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And not by eastern windows only,
When daylight comes, comes in the light
In front the sun climbs slow, how slowly!
But westward, look, the land is bright!

CLOUGH

It is sweet to do nothing.

ITALIAN PROVERB

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You are almost certain to get some bad advice from other sick people; and in addition you are quite certain to spend too much time thinking about yourself.

FRENCH

It's the melancholy face gets stung by the bee.
JAPANESE PROVERB

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The widespread ignorance of the harmfulness of exercise in the febrile stage of consumption is shocking.
MATSON
Ne'er-do-wells and failures in all walks of life are notorious advisers.
MCLEAN

For tuberculosis we prescribe not medicine but
a mode of life.

BUSHNELL

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Each substance of a grief hath twenty shadows.

SHAKESPEARE

When any have weak lungs, it is only natural
that the continued effort of coughing should
weaken them still more.

SYDENHAM

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For every evil under the sun
There is a remedy or there is none.
If there be one, seek till you find it;
If there be none, never mind it.

NURSERY RHYME

Find a sheltered spot protected from the wind,
for the wind is much harder to bear than
even intense cold.

HAWES

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But on and up, where Nature's heart
Beats strong amid the hills.

MILNES

The nearer the patient can approach to a state of absolute rest, if he is more than slightly affected and if the disease is active, the better his chances of cure.

BUSHNELL

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At the beginning of the cask and at the end take thy fill, but be saving in the middle; for at the bottom saving comes too late. HESIOD

It is in the power of man to cause all parasitic diseases to disappear from the world. PASTEUR

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Is it so small a thing
 To have enjoyed the sun,
 To have lived light in the spring,
 To have loved, to have thought, to have done?
 MATTHEW ARNOLD

How monotonous! How unvarying! It may be so, but ask yourself this: To what length will I go to save my life?

CROWE

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Our business in the field of fight
Is not to question, but to prove our might.

HOMER

In this world we can only make the best of the agencies at our command. There is no absolute perfection.

GALBREATH

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“Beauty is truth, truth beauty”—that is all
Ye know on earth, and all ye need to know.

KEATS

While there is fever the patient should be at
rest in bed.

OSLER

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If it be my lot to crawl, I will crawl contentedly;
if to fly, I will fly with alacrity; but, as long
as I can avoid it, I will never be unhappy.

SYDNEY SMITH

Thousands at his bidding speed,
And post o'er land and ocean without rest;
They also serve who only stand and wait.

MILTON

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All other factors that tend toward the recovery
of a tuberculosis patient sink into insignificance
when compared with rest.

WITTICH

Don't cultivate imaginary symptoms, and don't
conceal real ones.

MANITOBA SANATORIUM BOOK

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They are never alone that are accompanied
with noble thoughts.

SIDNEY

We often get what we most desire, and those things which we do not obtain, we are denied simply because we do not want them badly enough.

D. M. KING

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Perhaps the warrior, smitten by his foe,
Will rise to heaven and leave the world below;
Perhaps the fighting is its own reward;
No god has told us, and we do not know.

BHARTRIHARI

Excessive cough is the worst form of over-
exercise.

L. BROWN

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Fortune is not on the side of the faint-hearted.
SOPHOCLES

Nobility is the one only virtue.

JUVENAL

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The end of life is a bigger thing than the mere prolongation of one's days. Health is the best means of achieving that end fully, and so it is man's duty to get health.

GALBREATH

Fever must be treated with absolute rest.

TURBAN

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Come, Sleep; O Sleep! the certain knot of peace
 The baiting place of wit, the balm of woe,
 The poor man's wealth, the prisoner's release.

SIDNEY

It is appalling to consider the number of cases of pulmonary phthisis that are lost by physicians advising their patients to take plenty of exercise at the onset of treatment. KINGHORN

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A thing of beauty is a joy forever:
Its loveliness increases; it will never
Pass into nothingness.

KEATS

Tuberculosis is not merely a medical problem; it is not merely a health problem; it is a social problem, in the broadest sense.

ARMSTRONG

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There is music wherever there is harmony, order, or proportion; and thus far we may maintain the music of the spheres. BROWNE

A full contribution to the work of the world
and a full enjoyment of its benefits are possible
to the apparently cured consumptive.

FRENCH

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Night's candles are burnt out, and jocund day
Stands tiptoe on the misty mountain tops.

SHAKESPEARE

Neglecting mild febrile attacks means an invitation for chronic prolonged fever with lessened chances of recovery.

FISHBERG

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Chiefly the mold of a man's fortune is in his own hands.

BACON

Every climate has, at times, some unpleasant weather.

BARLOW

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Eat not thy heart; which forbids to afflict our souls, and waste them with vexatious cares.

PLUTARCH

We must allow no speculation to loose our hold on the hard-won secret of tuberculosis therapy, that active disease demands rest for the affected part.

SEWALL

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Better to hunt in fields for health unbought
Than fee the doctor for a nauseous draught.

DRYDEN

Intelligence is the most potent factor that can be directed against disease.

POTTINGER

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A man ought to read just as inclination leads him; for what he reads as a task will do him little good.

JOHNSON

Rest itself is often the best remedy for nervousness. Often, too, those who fight hardest against rest are the ones who need it most. ATKINSON

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I have observed both in wounds and in sickness, speaking discomposes and hurts me as much as any disorder I can commit. MONTAIGNE

The psychical side of treatment is that which is most neglected, yet in it the most notable successes are attained.

BUSHNELL

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In one thing only failing of the best,
That he was not so happy as the rest.

SPENSER

Strength lies in truth, weakness in deception.
D. M. KING

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Sincerity is, in fact, a natural state of our mind, and we would yield much oftener to this inclination if our moralists had not made a virtue of it.

ANATOLE FRANCE

Remember that the most important thing is not your surroundings but the intelligence with which you use those surroundings.

FRENCH

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Plato was continually saying to Xenocrates
“Sacrifice to the Graces.”

DIAGENES LAERTIUS

Of the seasons of the year, the dry, upon the whole, are more healthy than the rainy.

HIPPOCRATES

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Thou seest how few be the things, the which if a man has at his command his life flows gently on and is divine. MARCUS AURELIUS

Rest is the most important single therapeutic measure that we have at our command in active tuberculosis.

PRICE

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Slight not what's near through aiming at what's far.

EURIPIDES

I could write a whole book on the magnificent
way in which I have seen stricken men and
women rise to the battle, and defy fate.

MINOR

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O struggling with the darkness all the night,
And visited all night by troops of stars!

COLERIDGE

Public hygiene is, in reality, public education.
 Its aim should be to teach people, not only
 how to live long, but how to live happily.

COLLINS

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The two noblest things, which are sweetness
 and light.

SWIFT

Both pioneers (Brehmer and Dettweiler) used a modified rest treatment. They presented to the world strong evidence that consumption is curable.

PRATT

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If not mirth, at least a temperate countenance in the standers-by, is proper in the presence of a wise sick man.

MONTAIGNE

What is it to bear a fever well? Not to blame either God or man, not to be afflicted at what happens, and to do what is to be done.

EPICETUS

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The human spirit is equal to any human calamity.

R. E. LEE

The way can be greatly smoothed by a careful piecing together of the scattered stones of knowledge over which the journey lies. RIVIERE

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Men, and the ideas of men, which are actually the motives of men in a greater degree than their appetites. MEREDITH

An injured part or diseased organ requires
rest for recovery.

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I calculate that we know one seven-billionth
of one per cent about anything.

EDISON

It must be realized that this is not a battle of days or weeks or even months; it is probably a battle of years.

D. M. KING

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If there be a nobler life in us than in these strangely moving atoms, it must be shown not merely in the patience but in the activity of our hope.

RUSKIN

Too many sick people merely sit around and
tantalize each other.

BALDWIN

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Cheered up himself with ends of verse
And sayings of philosophers.

BUTLER

Treatment of less than three months is of little permanent help, while three or four years of treatment may complete an arrest. L. BROWN

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It is not strength, but art, obtains the prize,
And to be swift is less than to be wise. HOMER

Many of the greatest invalids have been happy
and have radiated happiness to others.

FRIPP

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To maintain oneself on this earth is not a
hardship but a pastime, if one will live simply
and wisely.

THOREAU

The only rational means of treatment are those which are based on the natural recuperative powers of the body.

KEITH

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For who would lose,
 Though full of pain, this intellectual being,
 Those thoughts that wander through eternity?
 MILTON

There is no "superstition of fresh air." This form of treatment, both as a curative and preventive measure, good for the sick and the well, has come to remain.

BOWDITCH

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Wistfully and with gladness I return
To the dear limits of familiar things,
As one who loves.

M. D. CRANE

By practice and will-power seventy-five per cent
of your cough can be suppressed; therefore,
suppress it. MINOR

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One inch of joy surmounts of grief a span,
Because to laugh is proper to the man.

RABELAIS

It is possible to do much better than endure:
it is perfectly possible to enjoy.

PRICE

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I prefer to attribute high motives to my friends' acts.
PASTEUR

To man there has been published a triple
gospel—of his soul, of his goods, of his body.

OSLER

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Without the touch of verse divine
There is no outlet for the pent-up soul.

Li Po

Healing, in cases of phthisis in which the lungs have not been entirely invaded, does not present, it seems to me, any aspect of impossibility.

LAËNNEC

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Trust me, 'tis something to be cast
 Face to face with oneself at last,
 To be taken out of the fuss and strife—
 From the singular mess we agree to call life.

LOWELL

What weakens the tuberculous patient is not his bed but his disease.

JAQUEROD

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Health, the fairest and richest present that nature can make us.

MONTAIGNE

Every one fights against the infection with
his natural weapons.

CALMETTE

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O glorious Life, who dwellest in earth and sun,
I have lived, I praise and adore thee—

NEWBOLT

It is probably true that too much exercise
has caused countless deaths and that it is
difficult to give a patient too much rest.

HAWES

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I thought—All labor, yet no less
Bear up beneath their unsuccess.

BROWNING

We do not use the words, "hopeless" and
 "incurable."

K. BROWN

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Not in the clamor of the crowded street,
 Not in the shouts and plaudits of the
 throng,
 But in ourselves are triumph and defeat.

LONGFELLOW

“Incipient” does not always mean *curable* tuberculosis; and conversely, “advanced” disease does not always indicate a hopeless outlook.

FISHBERG

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Whatever is worth doing at all, is worth doing well.

CHESTERFIELD

You are to fight against what you have heretofore considered fighting. You are no longer to consider the ant; it is the sluggard whom you must pattern after.

GALBREATH

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We are selfish men;
O raise us up, return to us again,
And give us manners, virtue, freedom, power!

WORDSWORTH

Live so as to be ready for anything.
TOLSTOI

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It is certain that success cannot come to everybody, nor can everybody keep his health; but happiness is within everybody's grasp, whether he is successful or not; even whether he is healthy or not.

FRIPP

Where there is no vision the people perish.

PROVERBS

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Fatigue kills the majority of consumptives and causes frequent relapses of the disease.

LATHAM

It can be stated as a truism that exercise of any kind, as it is generally taken during the course of tuberculosis, is more apt to be injurious than beneficial.

GARDINER

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Make haste slowly.

OLD PROVERB

The path of victory is *rest*.

D. M. KING

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And in the court of silent dreams
I lost the thread of worldly care.

SUNG CHIH-WEN

In a case of true phthisis, it is necessary to oppose its beginnings, for if this distemper continues long, it is not easily overcome.

CELSUS

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Good sense, which only is the gift of heaven,
And though no science, fairly worth the seven.

POPE

The late Austin Flint, *facile princeps* among American students of the disease, called attention to its intrinsic tendency to recovery.

OSLER

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Strong is your hold, O mortal flesh!
Strong is your hold, O love!

WALT WHITMAN

I think we can see the beginning of the end
of tuberculosis.

MILLER

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Though the seas threaten, they are merciful.
I have cursed them without cause.

SHAKESPEARE

Toiling, rejoicing, sorrowing, so I my life
 conduct;
 Each morning sees some task begun, each
 evening sees it chucked. CHESTERTON

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Reliance on disinfectants begets uncleanliness.
 BALDWIN

Extreme remedies are very appropriate for
extreme diseases.

HIPPOCRATES

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Tranquil talk was better than any medicine;
Gradually the feelings came back to my numbed
heart.

Po CHUI

Night with her train of stars
And her great gift of sleep. HENLEY

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The physician who understands the value of rest and prescribes it in proper dosage at the proper time, will be giving to his patients one of the most potent remedies at his command.

POTTINGER

A family history of tubercle is chiefly useful as evidence of possible family infection, and does not materially affect the chances of survival if early treatment is adopted. WALTERS

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Meeting what must be
Is half commanding it.

LEIGH HUNT

Not in England only has the mortality from tuberculosis fallen greatly, but in all the most advanced countries for which statistics are available.

COBBETT

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I would far rather be ignorant than wise in the foreboding of evil.

AESCHYLUS

The more rest the better.

NEW YORK CITY DEPARTMENT OF HEALTH

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I too have felt the wild-bird thrill of song
 behind the bars,
 But these have brushed the world aside and
 walked amid the stars.

Li Po

Self-restraint demands a high degree of intelligent selfishness in order that one may live to exercise later an equally high degree of intelligent unselfishness.

FRENCH

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Heartily know,
When half-gods go
The gods arrive.

EMERSON

Neither the cough, fever, night-sweats, and not even hemoptysis contraindicates a full exposure to the fresh air.

OSLER

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Happy the man, and happy he alone
 He who can call today his own;
 He who, secure within, can say,
 To-morrow, do thy worst, for I have lived today.

DRYDEN

If we have not been victorious it is because
we were not worthy or capable of victory.

ANATOLE FRANCE

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To those who have not made a special study
of the disease, the good results obtained by rest
would seem almost chimerical, and yet they are
demonstrable verities.

COLEMAN

The public and the profession are now in danger of underestimating the time required to obtain permanent results.

TRUDEAU

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A deep simplicity touching many hidden springs,
a profound regard for the noble uses of leisure.

CRANMER-BYNG

The great value of absolute rest while symptoms of activity are present, and relative rest at all times, can as yet hardly be said to be generally appreciated.

TRUDEAU

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Tardiest of the Immortals are the beloved Hours, but dear and desired they come, for always, to all mortals, they bring some gift with them.

THEOCRITUS

He who has once been happy is for aye
Out of destruction's reach.

BLUNT

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Anatomical changes or states remain after the cure of diseases, which possess more or less permanency, and though not evolving symptoms, yet affect the future health of the person.

ADDISON

Even the "father of medicine," Hippocrates, taught the value of fresh air.

BOWDITCH

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Nay, to earth's life and mine some presence or dream or desire
 (How shall I name it right?) comes for a moment and goes—
 Rapture of life ineffable, perfect— as if in the brier,
 Leafless there by my door trembles the sense of a rose.

HOWELLS

All other measures ever advocated in treatment will not begin to counterbalance the violation of this single rule—never become tired, or if tired, rest, and rest until completely refreshed. KRAUSE

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If thou canst get but thither,
There grows the flower of Peace,
The Rose that cannot wither,
Thy fortress and thy ease.

VAUGHAN

O friend, never strike sail to a fear. Come into port greatly, or sail with God the seas. Not in vain you live, for every passing eye is cheered and refined by the vision.

EMERSON

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Abundance of pure air, rest to restore the weakened nerves of the patient and lower the demands upon his reparative powers, and good food well assimilated: these constitute the tripod of treatment.

BUSHNELL

Happy the man who is guided by a master's word and example!
 He has a smooth and easy road before him, lying straight ahead.
 The other follows a rugged path, in which his feet often stumble;
 he goes groping into the unknown and loses his way. FABRE

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Use three physicians still:
 First, Dr. Quiet;
 Next, Dr. Merryman,
 And Dr. Diet.

REGIMENT SANITATIS SALERNITANUM

To hide her cares her only art;
Her pleasure, pleasures to impart.

GRAY

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The need of keeping the lungs at rest in order to promote healing is the basis of the rest treatment. Absolute rest for the lungs is of course impossible, but rest to the body and rest to the mind greatly lessens the work of the lungs.

PRATT

A good book is the precious life-blood of a master-spirit, embalmed and treasured up on purpose to a life beyond life. MILTON

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We have all seen individuals who have disregarded advice or taken improper treatment, and yet recover. Frequently I say, "If a thousand men should jump from a high building perhaps two would escape unhurt. Would these go about and say, this is a perfectly harmless procedure?" GIESE

Our life is swift and trivial; but everything great is effected through the agency of men.

TURGENIEFF

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It happens then as it does to the physicians in the cure of a consumption, which in the commencement is easy to cure, and difficult to understand; but when it has neither been discovered in due time, nor treated upon a proper principle, it becomes easy to understand and difficult to cure.

MACHIAVELLI

Frequent examinations of the chest are not advisable as a rule, since they disturb physiological rest.

WALTERS

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There is no music in a rest, but there is the making of music in it. In our whole life-melody the music is broken off here and there by "rests" and we foolishly think we have come to the end of time. Be it ours to learn the time, and not be dismayed by the "rests."

RUSKIN

Thou hast great allies;
 Thy friends are exultations, agonies,
 And love, and man's unconquerable mind.

WORDSWORTH

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The modern crusade against tuberculosis brings hope and bright prospects of recovery to hundreds and thousands of victims of the disease who under old teachings were abandoned to despair.

ROOSEVELT

Any conditions which hurry the general circulation cause an unduly proportionate stress of blood current through the lungs, and hence the importance, during active disease of these organs, of muscular and mental quietude.

POWELL AND HARTLEY

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The mariner of old said to Neptune in a great tempest, "O God! Thou mayest save me if thou wilt, and if thou wilt thou mayest destroy me; but whether or no, I will steer my rudder true!"

MONTAIGNE

Tuberculosis, though it is recognized early, must be treated as a serious disease.

POTTENGER

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I involuntarily turn my back on disaster and eliminate the hypothesis of failure.

MARSHAL FOCH

Not unschooled in misfortune, I know how to help
the unhappy.

VIRGIL

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Just as it is a crime to murder a man, so is
it the part of virtue and honesty to save our
fellow-beings when we are able, as well as to
arm others with such safeguards as we have
ourselves learned.

SYDENHAM

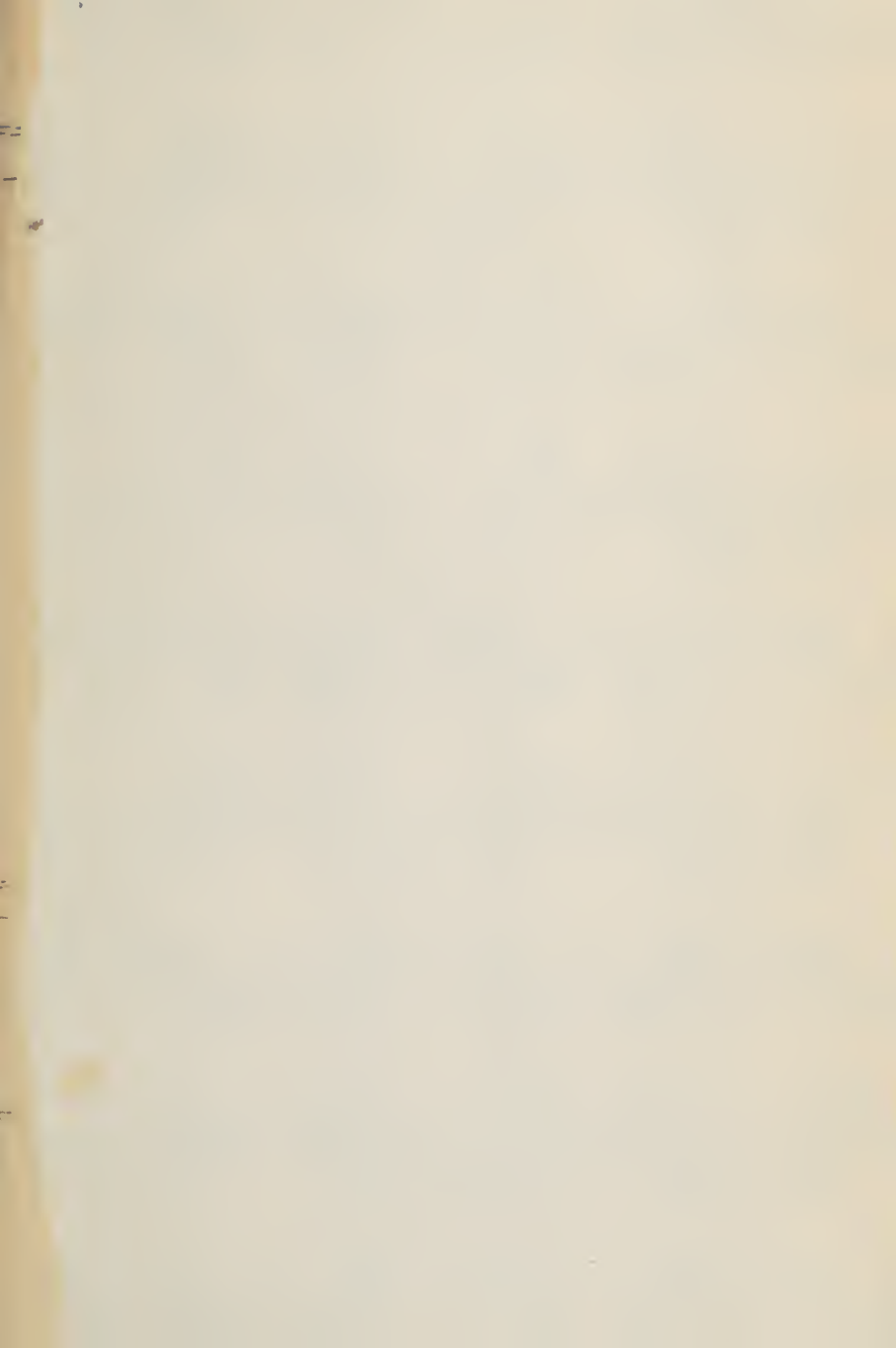
There is no such school of character as tuberculosis bravely met and rightly faced. MINOR

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Farewell, and heaven keep thee above the pity of the world.

CERVANTES

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